

Dear Parents,

Today we learned about feelings using the Mood Meter. The Mood Meter shows 4 colors and each represents a different feeling (Red=Angry, Yellow=Happy, Blue=Sad and Green=Calm). We will use the Mood Meter daily in our classroom to discuss feelings and learn what to do when we feel angry or sad.

Attached is a copy of the Mood Meter and a handout about how to use it so that you can practice these same skills at home. We encourage you to discuss feelings and use the Mood Meter regularly at home. Below are the links to two short videos explaining why talking about feelings with children is so important.

[https://www.youtube.com/watch?v=m4UGDaCgo\\_s](https://www.youtube.com/watch?v=m4UGDaCgo_s)

<https://www.youtube.com/watch?v=ikehX9o1JbI>

Families are also invited to attend **Happy Child Circle Time** to learn more:

**Happy Child Circle Time:** Children come with a lot of different feelings. Feelings can be overwhelming for them when they don't yet know what they are. Learning social emotional skills can be worked on even in the early years and understanding how to support your child is very important!

Come together with other families for fun circle time activities where children can play around with all their feelings. See interactive ways your children can learn these skills and leave with ideas that you can use every day along with your own take away to use at home.

Saturday, May 19, 10:30 a.m. at Howard County Library System, Elkridge Branch

FREE! Space is limited; pre-registration is required

<https://www.eventbrite.com/e/happy-child-circle-time-tickets-44996874864>



"CHILDREN'S EMOTIONS ARE AS REAL AS YOURS. JUST BECAUSE THEY MIGHT  
GET SAD OVER THE COLOUR OF THEIR CUP, DOES NOT MAKE THEIR FEELINGS ANY LESS REAL."

REBEKAH LIPP